



the fitness & lifestyle expo



	SATURDAY	SUNDAY
10am	The Show OPENS	
10:30am		
11am	Registered Dietician Victoria Mikhail Youth Nutrition Seminar	The Show OPENS
11:30am	Windsor Womens Fitness Belly Dancing	Emerald Isle Dance Society Irish Dancers
12pm	Kelani Fitness Class by Ioana Polynesian Dance	Jennifer Oliver Nutrition/Isagenix
12:30pm	Kelly Cowan-Holistic Energy Therapist Learn how to reduce pain & stress with Emotional Freedom Techniques(EFT) Audience members with apply EFT to their specific physical issues.	Kelly Cowan-Holistic Energy Therapist " Awaken your inner Healing Powers" Audience members will be guided through a few simple techniques to connect with energy for healing & relaxation
1pm	Fusion Holistics Reflexology	Fusion Holistics Reflexology
1:30pm	kids love yoga- anita kaiser Participation Welcomed	Windsor Women's Fitness Belly Dancing
2pm	Fitness Body Contest Guest poser Bobby Rupcich (local)	Emerald Isle Dance Society Irish Dancers
2:30pm	Fitness Body Contest Sponsored by Fitness Star	Fitness Kickboxing by Aimee Power! Fun! NS KICK Butt
3pm	Function & Fashion Show LuLuLemon by BeWell	TUPPERWARE Modular Mates and Fridgesmarts
3:30pm	Fitness Body Contest annoucement of winners	
4pm	Punch Gym- Bootcamp Class Fast! Fun! Focused! Experience an effective workout using your own body weight!	End of show SEE YOU AT THE FITNESS & LIFESTYLE EXPO IN 2011
4:30pm		
5pm	End of show for the day	